







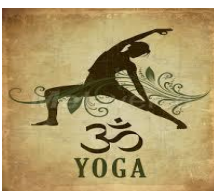

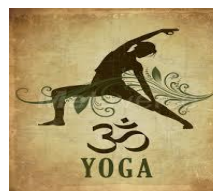


# NRG 4 LIFE

2017 Schedule

[www.nrg4life.ca](http://www.nrg4life.ca)

Effective:  
Sept. 11, 2017

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday  |          |      |               |      |                |      |                |       |                |       |
|--|---|--|---|---|---|----------|------|---------------|------|----------------|------|----------------|-------|----------------|-------|
|  | 5:35 – 6:30 AM<br><b>P.U.M.P</b><br>All Levels<br>Grace   |  | 5:35 – 6:30 AM<br><b>X-TRAIN</b><br>All Levels<br>Grace   |   | 9:30 – 10:30 AM<br><b>P.U.M.P</b><br>All Levels<br>T.B.A. |          |      |               |      |                |      |                |       |                |       |
| 5:30 – 6:30 PM<br><b>P.U.M.P</b><br>Beg. / Int.<br>Grace   | 5:30 – 6:30 PM<br><b>X-TRAIN</b><br>All Levels<br>Grace   | 5:30 – 6:30 PM<br><b>P.U.M.P</b><br>Beg. / Int.<br>Grace   | 5:30 – 6:30 PM<br><br><b>BODYBLAST</b><br>All Levels<br>T.B.A. | 5:30 – 6:30 PM<br><br><b>CIRCUIT</b><br>All Levels<br>Grace  |   |          |      |               |      |                |      |                |       |                |       |
| 6:45 – 7:45 PM<br><br><b>BOOTCAMP *</b><br>All Levels<br>Grace | 6:35 – 7:30 PM<br><br><b>CARDIO</b><br>All Levels<br>Grace | 6:45 – 7:45 PM<br><br><b>BOOTCAMP *</b><br>All Levels<br>Grace                | 6:35 – 7:30 PM<br><br><b>FIGHT</b><br>All Levels<br>Grace    | <b>Fee Schedule</b>   |   |          |      |               |      |                |      |                |       |                |       |
| 8:00 – 8:30 PM<br><b>B.L.T.</b><br>(Buns, Legs & Tummies)<br>All Levels<br>Grace   | 7:35 – 8:45 PM<br><br><b>YOGA</b><br>All Levels<br>Grace   | 8:00 – 9:00 PM<br><br><b>ZUMBA</b><br>fitness<br>All Levels<br>Grace / Maryna | 7:35 – 8:45 PM<br><br><b>YOGA</b><br>All Levels<br>Grace    | <table border="1"> <tr> <td>Drop In:</td> <td>\$10</td> </tr> <tr> <td>6 Class Pass:</td> <td>\$48</td> </tr> <tr> <td>12 Class Pass:</td> <td>\$84</td> </tr> <tr> <td>24 Class Pass:</td> <td>\$156</td> </tr> <tr> <td>40 Class Pass:</td> <td>\$240</td> </tr> </table> |   | Drop In: | \$10 | 6 Class Pass: | \$48 | 12 Class Pass: | \$84 | 24 Class Pass: | \$156 | 40 Class Pass: | \$240 |
| Drop In:   | \$10  |  |   |   |   |          |      |               |      |                |      |                |       |                |       |
| 6 Class Pass:  | \$48  |  |   |   |   |          |      |               |      |                |      |                |       |                |       |
| 12 Class Pass:   | \$84  |  |   |   |   |          |      |               |      |                |      |                |       |                |       |
| 24 Class Pass:   | \$156   |  |   |   |   |          |      |               |      |                |      |                |       |                |       |
| 40 Class Pass:   | \$240   |  |   |   |   |          |      |               |      |                |      |                |       |                |       |

Training levels are based on degrees of choreography complexity. Classes marked with a (\*) are of a higher intensity!

**All instructors are provincially and/or internationally certified!**

*Schedule of classes subject to change based on class attendance, statutory holidays and/or facility restrictions.*

We are located at the **Servus Sports Centre**  
5202 – 12<sup>th</sup> Street; 2<sup>nd</sup> Floor  
Fitness Training Room

E-mail Grace for more info at  
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